

Workout Calendar

monday	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:
	time:	dist:	time:	dist:	time:	dist:	time:	dist:	time:	dist:
tuesday	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:
	time:	dist:	time:	dist:	time:	dist:	time:	dist:	time:	dist:
wednesday	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:
	time:	dist:	time:	dist:	time:	dist:	time:	dist:	time:	dist:
thursday	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:
	time:	dist:	time:	dist:	time:	dist:	time:	dist:	time:	dist:
friday	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:
	time:	dist:	time:	dist:	time:	dist:	time:	dist:	time:	dist:
saturday	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:
	time:	dist:	time:	dist:	time:	dist:	time:	dist:	time:	dist:
sunday	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:	sets:	reps:
	time:	dist:	time:	dist:	time:	dist:	time:	dist:	time:	dist: